

Spectrum Health

# Evaluation and Treatment of Patients with Obstructive Defecation Syndrome

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# Constipation

- Symptoms don't respond to conservative treatment and colonoscopy normal
- Obstructed defecation
  - Straining (>25% of the time)
- Infrequent bowel movements (Slow Transit)
  - <2 bowel movements per week



# Outlet Obstruction

- Symptoms
  - Difficult emptying/mechanical aid
  - Incomplete emptying
  - Multiple calls to stool
- Physiologic abnormalities
  - Failure of the puborectalis to relax
- Anatomic abnormalities
  - Rectocele
  - Rectal intussusception
  - Enterocele



# Further Evaluation

- Consultation with Urogynecology
- Defecography
- Colonic Transit Study
- ?Physiologic Studies
  - Manometry
  - PNTML/EMG

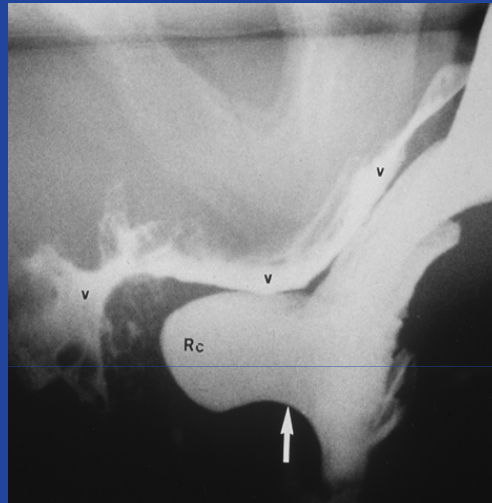


# Common Findings

- Slow transit
  - Abnormal collection of markers
- Obstructed defecation
  - Rectocele
  - Sigmoidocele
  - Rectal intussusception
  - Combined prolapse



# Rectocele



- 25% of patients with defecation disorders
- Constipation, rectal pressure & bleeding
- 0 symptoms



# Rectocele

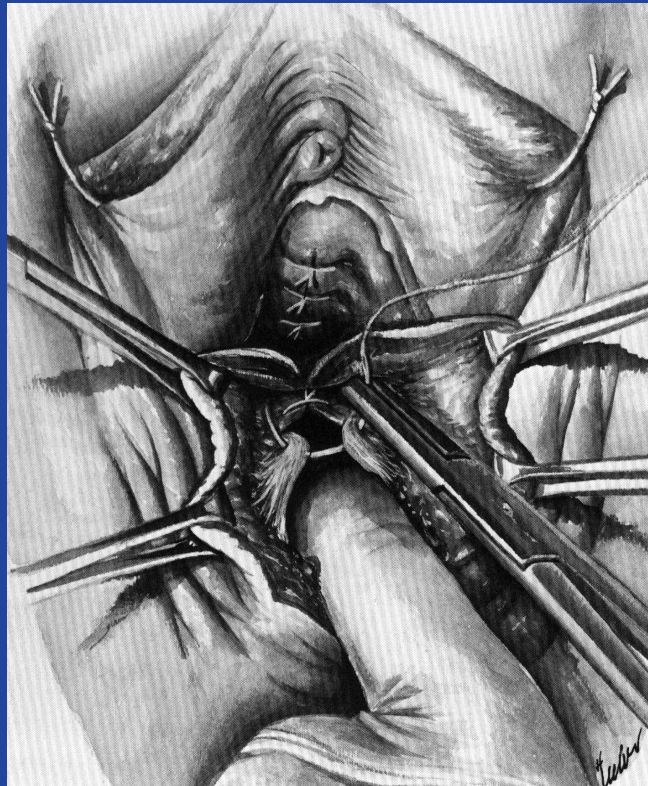
## Traditional Repair

- Endorectal repair
  - 82% Khubchandani et al. 1997
- Vaginal repair
  - Posterior colporrhaphy
  - Discrete fascia repair
  - Mesh



# Rectocele

## Posterior Colporrhaphy

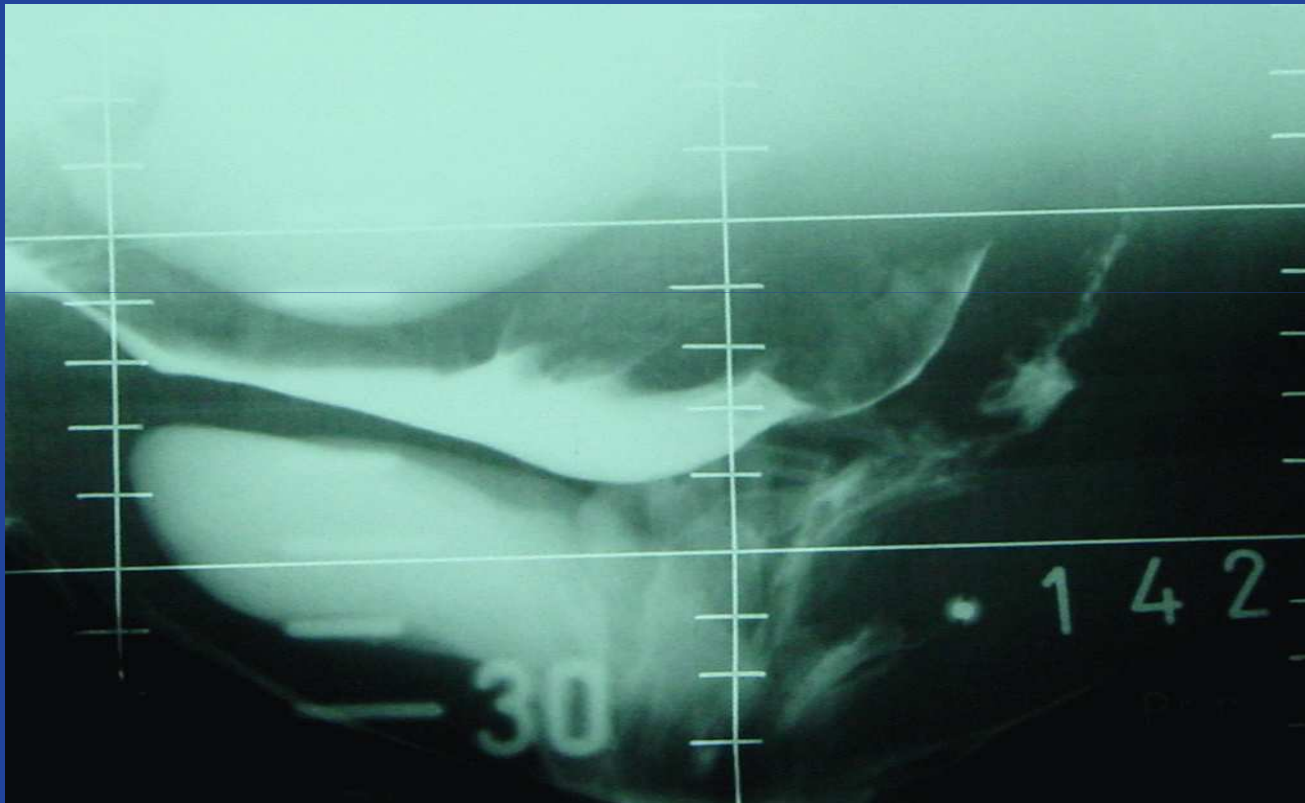


- Successful outcome
  - 88% Mellgren et al. 1995
  - 73% Kahn and Stanton 1997
- Dyspareunia
  - 19% Mellgren et al. 1995
  - 33% López et al. 2000
  - 27% Kahn and Stanton 1997





# Anatomical Components of ODS?



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# Rectal Intussusception ? Rectopexy

- Orrom et al 1991.
  - 2/11 with long term improvement
- Christiansen 2001
  - 9/22 improved long term
- Graf et al 1996.
  - Only 16% of patients with intussusception felt any success

